



College Championships Teams,

We hope you are enjoying your preparations for the College Championships! We have been busy getting ready as well and want to update you with some important information, specifically about plans for potentially hot and humid conditions. Below you will find information about three areas of focus related to potential heat:

1. Updated Heat Monitoring Standards and Potential Competition Adjustments
2. Event Services
3. Player and Team Recommendations

Please note that the event will cover a much broader range of preparations and plans than outlined below. Additional information, including hospital locations, lightning policy, and other information will be available on the event web pages.

[Division III College Championships](#)

[Division I College Championships](#)

1 - Updated Heat Monitoring Standards and Potential Competition Adjustments

New this year, USA Ultimate has invested in a [Wet Bulb Globe Temperature](#) (WBGT) monitoring device used for monitoring heat by many athletic departments, the NCAA, and at professional sporting events. This technology includes measurements of temperature, humidity, wind, cloud cover, and other environmental factors that impact heat stress. It will be used at both the Division III and Division I College Championships in lieu of the heat index scale.¹ The USA Ultimate Medical Advisory Working Group and event medical directors have worked with event staff to develop ultimate-specific WBGT guidelines, based on their knowledge of ultimate events and researching similarities to other sports.

Event and medical staff will be monitoring the WBGT and making competition and scheduling decisions based on the safety chart below. Conditions will be monitored before each round with the goal of determining any competition adjustments prior to the round. Monitoring will continue during rounds, especially near Heat Precaution thresholds, and some adjustments may be implemented during the round if necessary. Heat Precaution Levels may also be accelerated if medical staff observe a trend of heat-related illness that calls for earlier adjustments.

¹ USA Ultimate policy typically requires play to be stopped if the heat index reaches 100 degree fahrenheit. The new WBGT standards will only be applicable where the WBGT technology is available, including the 2019 college championship events. We are not replacing the heat index standards at other USA Ultimate events where WBGT technology is unavailable. These standards may be adapted for future events.



USA Ultimate Wet Bulb Globe Temperature (WBGT) Guidelines (2019 Division I and Division III College Championships)		
WBGT - F	Heat Precaution Level	Activity and Rest-Break Guidelines (USA Ultimate Division I and Division III College Championships)
<82.0	Level 0	Normal activity
82.0-86.9	Level 1	<ol style="list-style-type: none"> 1. One official hydration break per half. <ol style="list-style-type: none"> a) First-half break occurs when first team reaches 4. b) Second-half break occurs when first team reaches 12 or when soft cap is applied, whichever comes first. c) Break extends the time between points by 3 minutes before the next pull (i.e. total of 4 minutes 30 seconds).
87.0-89.9	Level 2	<ol style="list-style-type: none"> 1. One official hydration break per half. <ol style="list-style-type: none"> a) First-half break occurs when first team reaches 4. b) Second-half break occurs when first team reaches 12 or when soft cap is applied, whichever comes first. c) Break extends the time between points by 4 minutes before the next pull (i.e. total of 5 minutes 30 seconds). 2. Time between each point is extended by 1 minute (i.e. adds 60 seconds to existing 90 second period). 3. Maximum game length is 90 minutes. Rounds scheduled for longer will be shortened to 90 minute hard cap. Soft cap will be adjusted to 20 minutes before hard cap. 4. Minimum time between rounds is 30 minutes. Schedules with less time will be adjusted and communicated.
>=90.0	Level 3	Play cancelled. Games rescheduled for cooler conditions (i.e. <90.0 WBGT).

We understand that there may be some competition impacts of making in-game or game by game adjustments, and will manage those as fairly as possible, as we do with other weather impacts. However, our top priority will remain the safety of athletes and other participants.

In addition, as some of you who have been to the college championships before will notice, we are scheduled to start 30 minutes earlier than usual during the initial stages of the event.



2 - Event Services

In addition to the monitoring described above and our usual health and safety plans, we are providing the following services at the college championships to prepare for hot conditions and continue to prioritize player safety. Below is a list of services being provided:

- Shade tents - We are providing shade tents for teams at each field in addition to providing shaded areas throughout the facility.
- Cooling towels for each player in the player packs.
- Misting stations on site.
- Water and ice chests readily available and accessible for each field.
- Air conditioned medical area.
- Ice tubs for use by medical staff to treat heat illness.
- Medical Directors in addition to traditional event trainers and staff on site.

3 - Player and Team Safety Recommendations

As mentioned above, the medical staff will be monitoring conditions (heat, humidity, cloud cover and playing surfaces) on a regular basis. But, there are things you and your team can do to prepare for and compete in hot conditions.

- Player packs will contain cooling towels. These can be worn around the neck, tied around the head or wrist to help lower body temps. Just submerge in water- doesn't even have to be cold!²
- Hydration starts before competition including during flights!
- Hydrate the evening before/after competition each day.
 - Drink about 10oz ("20 gulps") of water every 15-20 minutes of activity
 - Even non-players should hydrate
- Try to drink enough fluids to keep your urine a light yellow color.
- Consider adding sports drinks (ie Gatorade, Powerade, etc) to the hydration plan.
- Be cautious of artificial sweeteners as they can cause upset stomachs if you are not used to them.
- Eat real food to help replace the salts you sweat out AND the calories you are burning.
- BE VERY CAUTIOUS IF USING PRE-WORKOUT SUPPLEMENTS
 - The caffeine found in pre-workout supplements can cause dehydration in hot/humid weather
 - *****If you have never used it previously, this is not the time to start as the effects can be additive to those of the heat/humidity.*****
- If you had a heat related problem/illness in the past, you need to make sure your coaches/captains/teammates are aware. They can help prompt you to drink/use cooling towel, etc and to know if you need medical attention.

Please see on site athletic trainers and medical staff for any of the following:

- Thirst not resolved after what seems like adequate hydration
- Cramping (legs or otherwise)

² Please bring your own cooler to collect ice for your team to keep the ice chests sanitary. We do not want athletes using the communal ice chests to dip their cooling towels.



- Lack of sweat during exertion
- Dizziness
- Headache
- Skin extra red OR extra pale
- Headache
- Lack of sweating
- Inability to urinate
- “Not acting right”
- IF you are concerned about yourself, a teammate or other player- the scorekeepers will have radios and can contact the medical team.

For additional health and safety tips, including information on concussions and other types of injuries and illness, please refer to our [Athlete Health and Safety Packet](#).